

Full Report (All Nutrients) 45134495, BANQUET Chicken Nuggets And Fries, UNPREPARED, GTIN: 00031000180423

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Report Date: May 26, 2017 13:48 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer ConAgra Foods Inc.

Nutrient	Unit	Data points	Std. Error	1 Meal (142g) 142g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	290	204
Protein	g	--	--	10.00	7.04
Carbohydrate, by difference	g	--	--	33.00	23.24
Sugars, total	g	--	--	0.99	0.70
Minerals					
Calcium, Ca	mg	--	--	20	14
Iron, Fe	mg	--	--	1.08	0.76
Potassium, K	mg	--	--	525	370
Sodium, Na	mg	--	--	520	366
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	2.4	1.7
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	2.50	1.76
Fatty acids, total monounsaturated	g	--	--	4.00	2.82
Fatty acids, total polyunsaturated	g	--	--	5.00	3.52
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	16	11

Amino Acids

Other

Ingredients

FRENCH FRIES (POTATOES, CANOLA OIL, SALT, DISODIUM DIHYDROGEN PHOSPHATE, COLORING [CARMEL COLOR, ANNATTO EXTRACT, TURMERIC], DEXTROSE), NUGGET SHAPED CHICKEN PATTIES (CHICKEN, WATER, BREADER [WHEAT FLOUR, SALT, DEXTROSE, SPICE, SOYBEAN OIL, YEAST, EXTRACTIVES OF PAPRIKA], BATTER [WATER, YELLOW CORN FLOUR,

CORN STARCH, DEXTROSE, SALT, SPICES, SUGAR, YEAST EXTRACT, MODIFIED FOOD STARCH, GARLIC POWDER, GUAR GUM, LEAVENING {SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE}}, TEXTURED SOY FLOUR, CONTAINS 2% OR LESS OF: SOY FLOUR, SOY PROTEIN ISOLATE, SALT, FLAVORING, SODIUM TRIPOLYPHOSPHATE, AUTOLYZED YEAST EXTRACT, DEXTROSE. FRIED IN VEGETABLE OIL WITH BHT). CONTAINS: WHEAT, SOY *Date Last Updated by Company: 09/08/2016*